



# OLD MUTUAL TWO OCEANS MARATHON

## RACE DATE 7 APRIL 2012

PLEASE SUPPLY ALL INFORMATION - PRINT CLEARLY USING BLOCK LETTERS

**Post completed entry form to:** PO Box 2276, Clareinch 7740  
**Contact us:** Tel: Race Office 021 657 5140  
 Email: [entries@twooceansmarathon.org.za](mailto:entries@twooceansmarathon.org.za)  
 Website: [www.twooceansmarathon.org.za](http://www.twooceansmarathon.org.za)

**Postal entries close**

**29 February 2012**

or 11 000 entries in the  
 Ultra Marathon  
 (whichever is reached first)

### PERSONAL INFORMATION

Last name																Nationality								
First name																								
Initials				Gender (tick)	Male	Female	ID/Passport number							Date of Birth			Age on Race Day							
Tel. Work																Postal Address								
Tel. Home																(if outside Africa international fees apply)								
Fax																Postal/Zip code								
Mobile																								
E-mail address																								
Home language																Country of Residence								

### EMERGENCY INFORMATION - COMPULSORY

Name of next of kin (in case of emergency)																		
Relationship																		
Are you a member of a medical aid?	yes	no	Contact numbers for next of kin on race day	Home		Mobile												
If yes, please indicate medical aid name																		
Medical aid membership number																		

### CLUB INFORMATION - RSA ENTRANT ONLY

Do you belong to an athletics club?	yes	no	Club membership is compulsory if entering the Ultra Marathon. For the Half Marathon a temporary licence must be purchased if a runner is not a member of an athletics club.																		
Athletics province																					
Athletics club name																					
Provincial licence no.																OFFICIAL USE ONLY: Club code					

### ULTRA MARATHON (distances 42.2km or longer run from 1 September 2011 to qualify)

For info on seedings of longer distances, please see [www.twooceansmarathon.org.za](http://www.twooceansmarathon.org.za).

Qualifying race name																		
Qualifying race date	D	D	/	M	M	/	2	0	Y	Y								
Distance in km	Time (42.2km under 5h) H H : M M																	
PUMA Technical T-shirt style (tick)	Men's cut			Women's cut														
PUMA Technical T-shirt size (complimentary)	S	M	L	XL	XXL	Please mark the correct size as no exchanges will be allowed.												

**Runners are required to have run at least one qualifying race from 1 September 2011:**

- 42.2km in under 5 hrs
- 50km in under 6 hrs 30 min
- 90km in under 12 hrs
- 100km in under 13 hrs 30 min

Based on 42 km	
<b>A</b>	sub 3 hrs
<b>B</b>	sub 3 hrs 30 min
<b>C</b>	sub 4 hrs and blue + yellow numbers
<b>D</b>	sub 4 hrs 15 min
<b>E</b>	rest of the field

### HALF MARATHON SEEDING INFORMATION - OPTIONAL (Race run from 1 September 2011)

For info on seedings based on other distances, please see [www.twooceansmarathon.org.za](http://www.twooceansmarathon.org.za).

Seeding race name																		
Seeding race date																		
Distance in km (tick)																		
PUMA Technical T-shirt style (tick)	Men's cut			Women's cut														
PUMA Technical T-shirt size (R249 each)	S: Qty	M: Qty	L: Qty	XL: Qty	XXL: Qty	Please mark the correct size as no exchanges will be allowed.												

SOLD OUT

Men: 21.1km		Women: 21.1km	
A	sub 1 hr 35 min	A	sub 1 hr 35 min
B	sub 1 hr 45 min	B	sub 1 hr 45 min
C	sub 1 hr 50 min and blue + yellow numbers	C	sub 1 hr 55 min and blue + yellow numbers
D	sub 2 hrs 10 min	D	sub 2 hrs 10 min
E	Novices and runners with no previous times	E	Novices and runners with no previous times

**TIMING SYSTEM** - All runners are required to wear a RaceTec or old WinningTime chip on their shoe during the race (WinningTime chips are compatible with RaceTec). The RaceTec chip must be registered in the runner's name and not belong to someone else. Runners who don't own a RaceTec or WinningTime chip must include R100 with their entry fee - they will be able to collect their RaceTec chip at Race Registration. For more information visit [www.twooceansmarathon.org.za](http://www.twooceansmarathon.org.za). NO timing CHIP, NO RESULT, NO EXCEPTIONS.

I own a RaceTec chip. No.  (Please note if not 8 characters then chip is not valid)

I need to buy a chip. (Please include the R100 with your entry fee - MANDATORY.)



### MISCELLANEOUS

From time to time, our sponsors may use the information provided by you in this entry form to communicate details about their products and services. If you are prepared to have your information used for this purpose, please place a tick in the box provided.

Running shoe brand	Adidas	Asics	Brooks	Hi-Tec	Mizuno	New Balance	Nike	PUMA	Reebok	Salomon	Saucony	Other
Would you like to receive the Two Oceans Marathon e-newsletter?	<input type="checkbox"/> yes	<input type="checkbox"/> no	Airline to Cape Town (if applicable)	BA	Kulula	Mango	SAA	1 Time	Other	n/a		

**MEDICAL INFORMATION - COMPULSORY (PLEASE NOTE: You may be contacted by the medical team for more information)**

Weight  kg Height  cm

Are you aware of, or have you ever been diagnosed as being at risk of heart, or blood vessel disease due to factors such as high blood cholesterol, a family member with heart disease, cigarette smoking, lack of physical activity, high blood pressure, being overweight or diabetes mellitus (sugar sickness)?	<input type="checkbox"/> yes <input type="checkbox"/> no	Do you suffer from any gastrointestinal diseases or symptoms including heartburn, nausea, vomiting, abdominal pain, weight loss or gain (> 5kg), a change in bowel habits, chronic diarrhoea, blood in the stools, or past history of liver or gallbladder disease?	<input type="checkbox"/> yes <input type="checkbox"/> no
Have you ever suffered from any heart or blood vessel conditions, including heart attack, undiagnosed chest pain, coronary artery bypass operation, angioplasty (balloon), heart failure, heart transplant, cardiac arrhythmia (abnormal heart beat), rheumatic fever, heart murmur, use of a pacemaker or inherited heart defect?	<input type="checkbox"/> yes <input type="checkbox"/> no	Do you suffer from any diseases of the nervous system including a past history of stroke or transient ischaemic attack (TIA), frequent headaches, epilepsy, depression, anxiety attacks, muscle weakness, nerve tingling, loss of sensation, or chronic fatigue?	<input type="checkbox"/> yes <input type="checkbox"/> no
Do you currently suffer from any symptoms of heart or blood vessel disease including swollen ankles, abnormal shortness of breath (with exercise), chronic dry cough, palpitations, chest pain, pain (or discomfort) in the neck, jaw, or arms at rest or during exercise, dizziness, fainting spells, and/or calf pain when running/walking?	<input type="checkbox"/> yes <input type="checkbox"/> no	Do you suffer from any disease of the kidney or bladder including past history of kidney or bladder disease, blood in the urine, loin pain, kidney stones, frequent urination, or burning during urination?	<input type="checkbox"/> yes <input type="checkbox"/> no
Have you ever collapsed (fallen down not because of an accident) and needed medical attention during, or after a race or training session?	<input type="checkbox"/> yes <input type="checkbox"/> no	Do you suffer from any disease of the blood or immune system including anemia, recurrent infections, HIV/AIDS, leukemia, or are you using any immunosuppressive medication?	<input type="checkbox"/> yes <input type="checkbox"/> no
Have you ever in your running career suffered from muscle cramping (painful, spontaneous, sustained spasm of a muscle) during or immediately (within 6 hours) after running (in training or competition)?	<input type="checkbox"/> yes <input type="checkbox"/> no	Do you suffer from any growths or cancer including a past history of cancer?	<input type="checkbox"/> yes <input type="checkbox"/> no
Do you currently suffer from any metabolic or hormonal disease including diabetes mellitus, thyroid gland disorders, hypoglycaemia (low blood sugar), hyperglycaemia (high blood sugar), or heat intolerance?	<input type="checkbox"/> yes <input type="checkbox"/> no	Have you ever in your running career used medicines to treat injuries in the week before or during a race – including anti-inflammatory drugs, cortisone (pills, or injection), or pain killers?	<input type="checkbox"/> yes <input type="checkbox"/> no
Do you suffer from any respiratory (lung) disease including asthma, emphysema (COPD), wheezing, cough, postnasal drip, hay fever, or repeated flu like illness?	<input type="checkbox"/> yes <input type="checkbox"/> no	Did you suffer from any symptoms of a running injury (muscles, tendons, bones, ligaments or joints) in the past 12 months? (NB: Only symptoms of injury that were severe enough to interfere with running, or require treatment e.g. use medication, or seek medical advice from a health professional)	<input type="checkbox"/> yes <input type="checkbox"/> no
Do you suffer from any allergies including a past history of allergies to medication, plant material or animal material?	<input type="checkbox"/> yes <input type="checkbox"/> no	Do you currently suffer from any symptoms of a running injury (muscles, tendons, bones, ligaments or joints)? (NB: Only symptoms of injury that are severe enough to interfere with running, or use medication, or require treatment e.g. use medication, or seek medical advice from a health professional)	<input type="checkbox"/> yes <input type="checkbox"/> no

		ULTRA MARATHON			HALF MARATHON				ULTRA MARATHON			HALF MARATHON							
<b>RSA/AFRICA</b>	Entry fee (South Africa only)	R	1	8	5	R		9	5	R	8	0	0	R	4	5	0		
	Entry fee (Africa only)	R	2	3	0	R		1	2	0	R	1	0	0	R	1	0	0	
	RaceTec timing chip	R	1	0	0	R		1	0	0	R				R	2	4	9	
	Temporary licence fee (South Africa only)	R	not applicable			R		SOLD OUT			R				R	SOLD OUT			
	T-shirt (21km optional)	R	F	R	E	E	R		2	4	9	R			R	SOLD OUT			
	Results Book (postage & printing)	R			5	0	R		SOLD OUT			R			R			E	
	Donation (TOMI - official race charity)	R					R					R			R			7	0
	Friendship Run entry (Africa only)	R			7	0	R			7	0	R			R			7	0
	Total	R					R					R			R				
<b>INTERNATIONAL</b>	Entry fee	R	8	0	0	R		4	5	0	R	8	0	0	R	4	5	0	
	RaceTec timing chip	R	1	0	0	R		1	0	0	R	1	0	0	R	1	0	0	
	T-shirt (21km optional)	R	F	R	E	E	R		2	4	9	R			R	2	4	9	
	Donation (TOMI - official race charity)	R					R					R			R	SOLD OUT			
	International Friendship Run entry	R	F	R	E	E	R					R			R	SOLD OUT			
	Guest fee	R			7	0	R					R			R			7	0
	Guest name		G	U	E	S	T									N	A	M	E
	Total	R					R					R			R				

**PAYMENT DETAILS**

**PLEASE INDICATE PAYMENT METHOD: (NO CASH OR POSTAL ORDERS ACCEPTED)**

**CHEQUE** Payable to "Two Oceans Marathon".

**CREDIT CARD (NO DEBIT CARDS)**

Please debit my credit card in the sum of R

Mastercard  Visa

Credit Card No.

Exp Date     CVV No.  (last 3 numbers on the back of credit card)

Card holder's signature: \_\_\_\_\_


**DIRECT DEPOSIT/EFT BANKING DETAILS:**

**Bank:** NEDBANK Pinelands **Account no.:** 1077006233

**Branch code:** 135-705 (Direct deposits) or 198765 (EFT)

- Post entry form & original deposit slip to: PO Box 2276, Clareinch, 7740
- Write your full name on the deposit slip and attach the original to the entry form (no photocopies).

**OFFICIAL RACE CHARITY**



**TOMI**  
Two Oceans Marathon Initiative

- Deposits will not be considered as confirmation of entry unless accompanied by a completed entry form. Both deposit slip and entry form must be posted before entries close. Make sure to keep a copy.
- NO faxed or e-mailed entry forms will be accepted.
- Entry fees are not refundable under any circumstances
- Entry fee is waived for holders of 25 or more Two Oceans 56km medals.

**RELEASE AND WAIVER**

I declare that all information supplied by me is true and correct. I am in good health, physically fit and sufficiently trained to participate in this endurance event. I agree to abide by the rules, conditions and regulations of this event, which include the payment of the entry fee and electronic timing chip fee (if any). I hereby release and discharge the organisers of the Old Mutual Two Oceans Marathon, Half Marathon, Trail Runs and Fun Runs, The Two Oceans Marathon (Association incorporated under Section 21), Athletics South Africa, Western Province Athletics, City of Cape Town, all sponsors, volunteer groups, medical personnel, and any and all local authorities, from any loss or damage, however caused, arising from my participation in the event, including pre-race and post-race activities. This waiver applies to my executors, heirs, administrators, assigns and myself. I undertake not to exhibit or wear any advertising material, logos or political slogans that are contrary to the rules of ASA and IAAF. I also grant my permission, in terms of Section 51 of the Electronic Communications Transactions Act 25 of 2002, to use my name, race information and photographs, video tapes, broadcasts and telecasts in which I may appear free of charge and to supply the information to sponsors of the Old Mutual Two Oceans Marathon, Half Marathon, Trail Runs and Fun Runs. **This race is run under the rules and auspices of IAAF, ASA and WPA. Foreign athletes should note IAAF rule 4 para 2 which requires them to obtain written approval (a permit) from their own federations to compete in a foreign country.**

Signature: ..... Parent or Guardian (if under 18 years) ..... Date: .....



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 Website: [www.twooceansmarathon.org.za](http://www.twooceansmarathon.org.za)

**POSTAL ENTRIES CLOSE 29 February 2012**  
 or 11 000 entries in the Ultra Marathon (whichever is reached first)

## RACE DETAILS

**START**  
Main Road, Newlands

**CUT-OFF TIMES**  
Race is run from gun to gun/finish line

**MINIMUM AGE**  
for runners

**MEDALS**  
To all finishers within the cut-off time

**LICENCE REQUIREMENTS**

South African entrants wanting to run the ultra marathon must belong to an athletics club affiliated to ASA and have a valid provincial licence number. Please note that no temporary licences will be permitted. The entry fee for international and Africa entrants already includes the temporary licence fee.

**START**  
Main Road, Newlands

**CUT-OFF TIMES**  
Race is run from gun to gun/finish line

**MINIMUM AGE**  
for runners

**MEDALS**  
To all finishers within the cut-off time

**LICENCE REQUIREMENTS**

ASA affiliated athletics club (provincial) or temporary licence is required with entry. Temporary licences must be purchased by unlicensed participants i.e. not a member of an ASA-affiliated running club. The entry fee for international and Africa entrants already includes the temporary licence fee.

## ULTRA MARATHON PRIZE MONEY

### ULTRA MARATHON (56KM) — 43<sup>RD</sup> RACE

The prize-giving will take place at 13:45\*

#### PRIZE MONEY

**Individual Prizes\***  
(men and women)

	Open	40-49 yrs	50-59 yrs	60-69 yrs	70+ yrs
1 <sup>st</sup>	R 250 000	R 10 000	R 5 000	R 4 200	R 500
2 <sup>nd</sup>	R 125 000	R 5 000	R 4 000	R 2 600	R 300
3 <sup>rd</sup>	R 65 000	R 4 000	R 3 000	R 1 600	R 200
4 <sup>th</sup>	R 35 000	R 3 000	R 2 000		
5 <sup>th</sup>	R 25 000	R 2 000	R 1 000		
6 <sup>th</sup>	R 15 000				
7 <sup>th</sup>	R 14 000				
8 <sup>th</sup>	R 13 000				
9 <sup>th</sup>	R 12 000				
10 <sup>th</sup>	R 10 000				

\*Prize money for the open individual categories will only be issued once doping results have been received.

**Team Prizes**  
(men and women)

Based on the total combined times of the team members. ASA rules on eligibility for team prizes apply. Athletes will be eligible for the team competition corresponding to the individual age category entered.

**Record Incentives**

**R 50 000 each**  
Overall winner who breaks the course record (3:03:44)

First woman who breaks the women's course record (3:30:36)

**Position**

	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>
	R 5 000	R 4 000	R 3 000	R 2 000	R 1 000

**WP Athletes only** (men and women)

#### PLEASE NOTE:

**NOT ALL PRIZE CATEGORIES WILL BE AWARDED AT THE PRIZE-GIVINGS. SOME PRIZES WILL BE DISTRIBUTED FROM THE RACE OFFICE AFTER THE EVENT.**

## HALF MARATHON PRIZE MONEY

### HALF MARATHON (21KM) — 15<sup>TH</sup> RACE

The prize-giving will take place at 09:00\*

#### PRIZE MONEY

**Individual Prizes\***  
(men and women)

	Open	16-19 yrs*	40-49 yrs	50-59 yrs	60-69 yrs	70+ yrs
1 <sup>st</sup>	R 20 000	R 750	R 4 000	R 2 000	R 1 000	R 500
2 <sup>nd</sup>	R 10 000	R 500	R 3 000	R 1 000	R 750	R 300
3 <sup>rd</sup>	R 5 000	R 300	R 1 500	R 750	R 500	R 100
4 <sup>th</sup>	R 4 000	R 200	R 1 000	R 500		
5 <sup>th</sup>	R 3 000	R 100	R 500	R 250		
6 <sup>th</sup>	R 2 500					
7 <sup>th</sup>	R 2 000					
8 <sup>th</sup>	R 1 000					
9 <sup>th</sup>	R 750					
10 <sup>th</sup>	R 500					

\* Junior as defined by IAAF rule 141

\*Prize money for the open individual categories will only be issued once doping results have been received.

**Team Prizes**  
(men and women)

Based on the total combined times of the team members. ASA rules on eligibility for team prizes apply. Athletes will be eligible for the team competition corresponding to the individual age category entered.

**Record Incentives**

**R 10 000 each**  
Overall winner who breaks the course record (1:02:54)

First woman who breaks the women's course record (1:11:56)

**Time Bonuses**

	Sub	Bonus
Men	1 hr 02 min	R 20 000
	1 hr 02 min 30 sec	R 15 000
Women	1 hr 11 min	R 20 000
	1 hr 11 min 30 sec	R 15 000

Time bonuses are in addition to the record incentives, are not cumulative and apply only to the overall winners.

## SUMMARY

### WHEN ENTERING, PLEASE TAKE NOTE OF THE FOLLOWING:

- Runners are advised to send their entry form with proof of payment via registered or priority mail. Please keep copies of the entry form, proof of payment and registered mail counterfoils. **Runners who have credit cards and internet access are strongly advised to enter online.**
- Entry acknowledgement** will be sent to all runners. Runners who give e-mail addresses will receive an electronic entry acknowledgement. **It is vital that you bring the printed race acknowledgement and proof of identity (e.g. ID document, passport, driver's licence, etc.) to Registration.**
- Registration:** Runners must collect their race packs prior to the race at the Good Hope Centre, corner of Sir Lowry Rd and Oswald Pirow St. (to be renamed Christiaan Barnard) as follows:  
**Note revised times**  
Wed 4 April 10:00 - 18:00  
Thu 5 April 10:00 - 19:00  
Fri 6 April 09:00 - 17:00  
**No number collection/Registration on Saturday morning before the race.**  
If you are unable to collect your race pack, a third party can collect on your behalf with a printed copy of the entry acknowledgement as well as a letter of authorisation from the entrant (pro-forma downloadable from our website). This letter needs to state both the entrant and the person collecting the race pack's ID number as well as the signature of both parties. The person collecting the race pack must have some form of identification.
- Runners may not claim their registration bag, RaceTec chip, race number and T-shirt after Registration closes. These will not be forwarded and no refunds will be given.
- Upgrades, downgrades or substitutions** will be done only when the maximum number of entries has been reached in the particular race (11 000 in the ultra and 16 000 in the half marathon), and facilitated online via the website from 1 February to 7 March 2012 only.  
**Please note: Cost implications and other conditions are applicable (see our website for details).**
- Seeding upgrades** will be done free of charge online (via your unique log on) before 7 March 2012. If you have no internet access please fax the race name, date, distance and time of your qualifying race together with your name and race number to 021 671 6892 before 7 March 2012.
- The race organisers reserve the right to accept or reject any entry. Irregularities in an entry form may result in it being rejected.
- Any runner contravening the rules of the race will be banned from the event for 1 year.

#### PLEASE NOTE:

- DO NOT DUPLICATE YOUR ENTRY.
- NO FAXED OR E-MAILED ENTRIES WILL BE ACCEPTED!
- NO LATE ENTRIES WILL BE ACCEPTED & NO ENTRIES AFTER THE RACE ENTRY LIMIT HAS BEEN REACHED.
- ENTRY FEES ARE NOT REFUNDABLE UNDER ANY CIRCUMSTANCES.

## GENERAL INFORMATION

### TRAIL RUNS

Two trail runs of 10km and 22km are held on Good Friday, 6 April. Both start at the UCT grounds and take runners along the lower slopes of Devil's Peak and nearby forests. Open to beginner and experienced trail runners, the challenging routes offer runners varied terrain with steep ascents and descents. The runs start at 07:00 and entries are limited. No entries are taken on race day. This event is also timed by RaceTec. Online entries open 18 January 2012.

### INTERNATIONAL FRIENDSHIP RUN

All international and Africa entrants are invited to take part in a scenic run/walk through Cape Town on Good Friday, 6 April at 09:30 from the amphitheatre at the V&A Waterfront.



### FUN RUNS

Family participation over various distances is encouraged on Good Friday, 6 April, starting at the UCT Upper Campus rugby fields from 12:00 to 16:00. Enter online or, download an entry form.

### OLD MUTUAL TWO OCEANS 2012 RUNNERS' VILLAGE

The Runners' Village is designed to give less fortunate athletes the opportunity to participate in the Old Mutual Two Oceans Marathon. To be considered for the Runners' Village selection criteria will apply. For more information call 021 657 5140 from 23 January 2012.

## ACCOMMODATION AND TRAVEL PACKAGES

### ACCOMMODATION

#### CAPE TOWN TOURISM

Contact 021 487 6800 or [info@capetown.travel](mailto:info@capetown.travel) or [www.capetown.travel](http://www.capetown.travel)



#### SCHOOL HOSTEL ACCOMMODATION

Rondebosch Boys High School	Kathy Duncan	021 686 3749
Vera School	Anita Reid	021 696 2844
Cape Academy of Maths and Science	Wilfred Nolan	021 794 6613
Wynberg Girls High School	Jeanette Stokell	021 764 2204
Wynberg Boys High School	Anne Grobler	021 763 3865

## TRAVEL

### PENTHOUSE TRAVEL SPORTING TOURS

Contact Marie Howarth 021 976 8110 or [marie@travelways.co.za](mailto:marie@travelways.co.za) or [www.runningtours.co.za](http://www.runningtours.co.za)



### JB TRAIN TOURS

Two Oceans Marathon Train Tour from Johannesburg Phone 011 913 2442 or [info@jbtours.co.za](mailto:info@jbtours.co.za)

### NBK BUS TOURS

Two Oceans Marathon Bus Tour from Johannesburg Phone 011 616 8888 or [nbktravel@telkomsa.net](mailto:nbktravel@telkomsa.net)



OLD MUTUAL  
**TWO OCEANS**  
MARATHON

ENTRY FORM



**RUN**  
the world's  
most beautiful  
marathon

Cape Town 2012

7 April 2012

56km

Ultra Marathon

Starting time: 06:25

21km

Half Marathon

Starting time: 06:00

For more information or to enter online visit:

[www.twooceansmarathon.org.za](http://www.twooceansmarathon.org.za)



do great things

